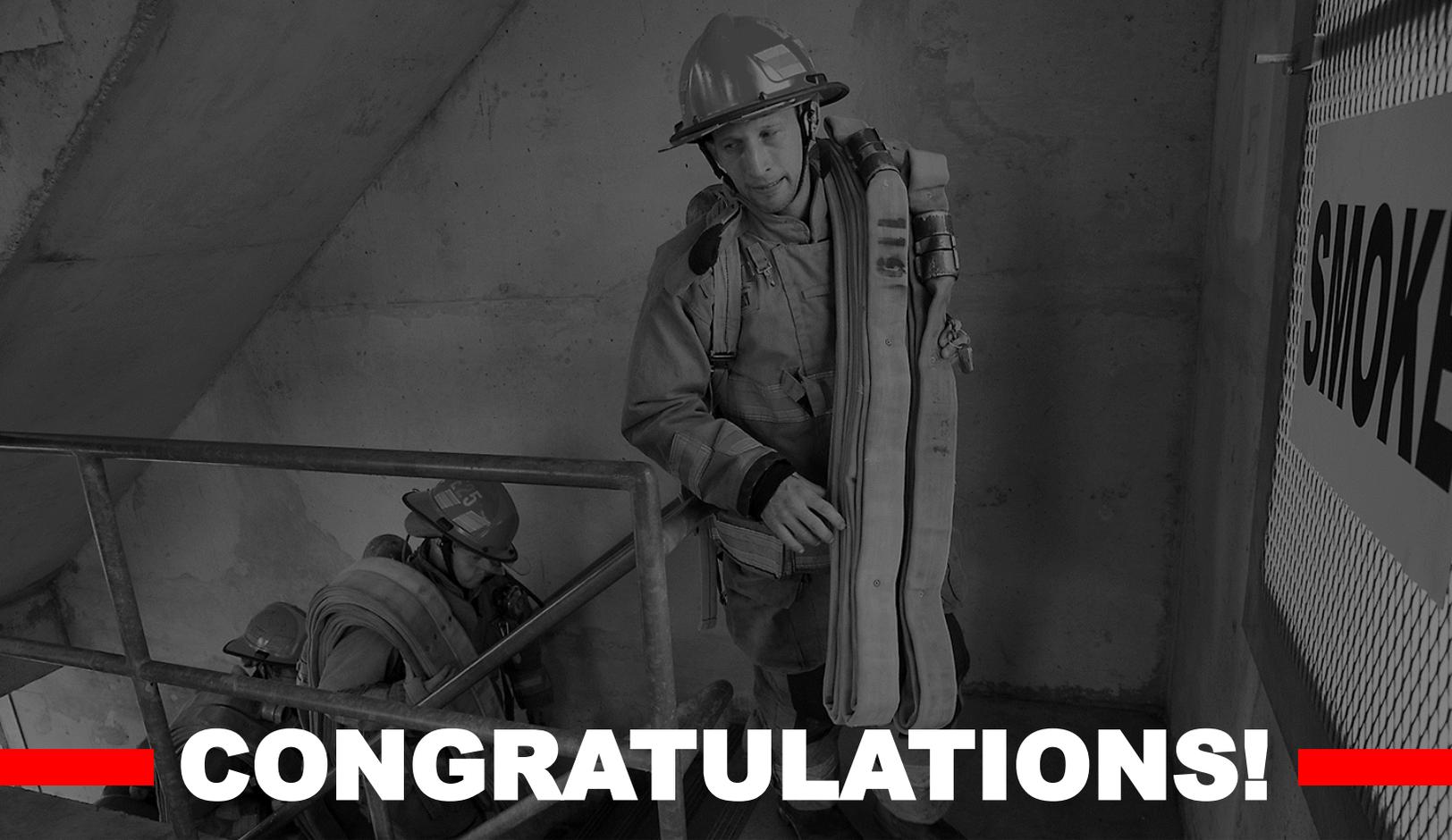


MONTGOMERY COUNTY FIRE RESCUE SERVICE

IPE PREP



**2019 RECRUIT
TRAINING INSTRUCTORS**



CONGRATULATIONS!

You survived recruit class – now it's time to pass the IPE. The MCFRS Incumbent Performance Evaluation is designed to test your knowledge and fitness level upon graduation from recruit class and six months in the field. Passing the IPE will require a consistent exercise regiment on top of adjusting to life in the field.

This program is designed to follow the 24-48 hour shift schedule with eight shifts per month for six months. A total of eight workouts are provided and can be completed in any order. Over a six month span, all eight works should be completed six times.

If your shift is busy, remember something is always better than nothing. If you respond to a working fire, yoga/stretching or a walk on the treadmill is a good alternative. The goal of this program is to optimize performance for the exam, not cause injury or exhaustion. Do not hesitate to pull back or reach out to an instructor if you feel off.

Follow MCFRS Nutrition on Facebook, Instagram, and Twitter for workouts, nutrition, and more. Please contact Cpt. Kennedy, Lt. Smith, FF Dennison, FF Lyght, or Megan Lautz for questions regarding fitness or nutrition programming. Good luck!

This program is designed for use only by those cleared by Fire and Rescue Occupational Medicine for full duty or cleared FROMs staff specifically to participate in this self guided program.

Captain David Kennedy
Recruit PT Coordinator

Katie Dennison, MS, T-Sac
Firefighter III & Fitness Instructor

Megan Lautz, MS, RD
Dietitian & Fitness Instructor

WARM UP & DESCRIPTIONS

Be sure to warm up before every workout. Warming up prevents injury and can reduce post-workout soreness. If you are out on a long call and jumping back in, consider doing half of the warm up before lifting heavy or sprinting.

Warm Up
5 min cardio warm up
10 Bodyweight squats
10 Runners push-ups
10 TRX rows
10 Single leg hip pop ups
10 Side squat walks

Cool Down
10 min walk
Hamstring stretch
<i>Optional</i> – Foam Roll
Outer calf, lateral hamstring, hip flexor, lats, quads

	Exercise	Description
SQUAT / HINGE	Squat Jumps https://youtu.be/cNDikYOq-HU	Body weight squat to vertical jump
	Front Squat https://youtu.be/uYumuL_G_V0	Barbell squat with bar on collar bones
	Step ups https://youtu.be/8apVstrFT4Y	Holding a dumbbell in each hand step up onto a bench or the back step of the engine. Place your entire foot on the step and keep your body upright
	Walking Lunges https://youtu.be/7EmwtpAl8cM	Holding a dumbbell in each hand take a step out ensuring you have a 90° bend at the knee and ankle of both legs
	Dumbbell Squat Thruster https://youtu.be/M5gEwLTtWbg	Holding a dumbbell in each hand and at shoulder level squat and stand to and overhead press
	Wallballs https://youtu.be/fpUD0mcFp_0	Using a large soft weighted ball squat, then stand and toss the ball against the wall approximately 8-10 feet above your head. Catch the ball and return to squat position.
	Deadlift (Hinge) https://youtu.be/op9kVnSso6Q	Place the bar ovetop of the shoe laces and grip shoulder width apart. Keep the shins parallel to the ground and upper back/shoulders engages. Lift bar to standing.
Goblet Squat https://youtu.be/aea5BGj9a8Y	Hold a kettlebell or dumbbell close to your chest. Squat down keeping your chest up and back straight.	

	Exercise	Description
PUSH	Arnold Press https://youtu.be/ZsVxV2dV5YU	Holding 2 dumbbells in front of your chin with palms facing you press up to straight arms with palms facing out overhead
	Push Up https://youtu.be/_I3ySVKYVJ8	Lying on the ground place your hands under your shoulders with elbows tight to your side. Push up to out stretch arms will maintaining a tight core.
	Dumbbell Floor Press https://youtu.be/9vcKpv45aeE	Lying on your back on the floor holding 2 dumbbells press to outstretched arms and return to start position
	Burpee https://youtu.be/TX60BcsO_wE	Starting lying flat on the floor with arms under your shoulders press to pushup position, then jump your legs in to a squat and then jump to full extension

	Exercise	Description
PULL	Cable Pulldown https://youtu.be/lueEJGjTuPQ	Sitting at the cable machine or standing at the adjustable cable machine with a flat bar on the highest adjustment setting pull down to collar bone height
	Pull Up https://youtu.be/HRV5YKKaeVw	Hang from a bar with a pronated (palms facing away) grip. Place your hands about shoulder-width apart. Pull up and raise your body until your chin reaches the same height as the bar. Avoid swinging or kipping as you pull.
	Row https://youtu.be/4V1WXv9qbAU	Hinge at the waist with a dumbbell in each hand. Pull to hip/belly button height. If lower back is sore, support one hand on a bench.
	TRX Row https://youtu.be/p8d2pFLDkEs	Shorten the TRX straps all the way up. Walk your feet forward, keeping your body in a straight, vertical plank position. Lower your body until arms are extended, then pull back up to the starting position

	Exercise	Description
CARRY & CORE	Farmers Carry https://youtu.be/FIC5_ZxeZxw	Stand tall with weights held by your sides. Keep your shoulders tight and your back straight. Take short, quick steps as you walk a set distance, which will likely be limited by the size of your gym
	Lateral Ball Toss https://youtu.be/wr3CE5ggpvM	Holding a Medicine Ball, stand with your right side next to a wall, 5 to 6 feet away. Brace your core and bend slightly at the knees. Twist your body up and to the side, releasing the medicine ball against the wall.
	Sit Ups https://youtu.be/1fbU_MkV7NE	Lay on your back with feet hip width apart. Press your lower back into the ground and tuck your pelvis/hip bones towards your face. Crunch your chest towards your knees, and slowly return back to the starting position.
	Burpee www.youtube.com/watch?v=TU8QYVW0gDU	Place hands on ground, shoulder width apart. Jump to pushup position, lower chest to group. Jump feet up to hands, then jump vertically.

WORKOUT 1



Completed on the first shift of the month for six months.

	Front Squats 3 sets/10 reps	Step Ups 3 sets/10 reps	Row 3 sets/10 reps	Arnold Press 3 sets/10 reps
Workout 1	Ex. 95lb/10r/10r/8r			
Workout 2				
Workout 3				
Workout 4				
Workout 5				
Workout 6				

AMRAP

Complete as many rounds as possible in 20 minutes.



Farmers Carry
(around the station, record weight)



Burpees
(10 reps)



Walking Lunges
(20 reps total)

Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
rounds	rounds	rounds	rounds	rounds	rounds

WORKOUT 3



Completed on the third shift of the month for six months.

Increase the weight for deadlifts each round.

1 2 reps Deadlifts > 6 reps/leg Alt. Lunges > 3 reps Goblet Squat

2 2 reps Deadlifts > 6 reps/leg Alt. Lunges > 4 reps Goblet Squat

3 2 reps Deadlifts > 6 reps/leg Alt. Lunges > 5 reps Goblet Squat

4 2 reps Deadlifts > 6 reps/leg Alt. Lunges > 6 reps Goblet Squat

5 2 reps Deadlifts > 6 reps/leg Alt. Lunges > 7 reps Goblet Squat

6 2 reps Deadlifts > 6 reps/leg Alt. Lunges > 8 reps Goblet Squat

7 2 reps Deadlifts > 6 reps/leg Alt. Lunges > 9 reps Goblet Squat

8 2 reps Deadlifts > 6 reps/leg Alt. Lunges > 10 reps Goblet Squat

	Deadlifts 2 reps/set	Lunges 6 reps/set	Front or Goblet Squat 3-10 reps/set
Workout 1	Ex. 135, 140, 145.....		
Workout 2			
Workout 3			
Workout 4			
Workout 5			
Workout 6			

WORKOUT 4



Completed on the fourth shift of the month for six months.

HITT Training	Speed	Intensity	Incline
Warm Up	5 minutes		
1 Mile Run			
Interval 1	Sprint (1 min)	70%	1%
	Walk (1 min)		7%
Interval 2	Sprint (1 min)	75%	1%
	Walk (1 min)		7%
Interval 3	Sprint (1 min)	80%	1%
	Walk (1 min)		7%
Interval 4	Sprint (1 min)	85%	1%
	Walk (1 min)		7%
Interval 5	Sprint (1 min)	90%	1%
	Walk (1 min)		7%
Interval 6	Sprint (1 min)	95%	1%
	Walk (1 min)		7%
Interval 7	Sprint (1 min)	95%	1%
	Walk (1 min)		7%
Pull Ups (5 sets x 5 reps, add weighted vest if needed)			

Note mile run time (min:sec), max interval speed, number of pullups, and if a weighted vest was used for pullups.

Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6

WORKOUT 5



Completed on the fifth shift of the month for six months.

5 rounds – 1 minute/station

- 1 Lateral Ball Toss (Toss to R side 30 sec, then switch to L side)
- 2 Squat Jumps
- 3 Push Ups
- 4 Sit Ups
- 5 Thrusters with Dumbbells

Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
rounds	rounds	rounds	rounds	rounds	rounds

WORKOUT 6



Completed on the sixth shift of the month for 6 months.

5 rounds – 10 reps

- 1 Wall Balls
- 2 Burpees
- 3 Farmers Carry
- 4 Lateral Ball Toss
- 5 Pull Ups
- 6 Push Ups

Workout 1	Workout 2	Workout 3	Workout 4	Workout 5	Workout 6
rounds	rounds	rounds	rounds	rounds	rounds

WORKOUT 7



Completed on the seventh shift of the month for six months.

	Front Squats 3 sets/ 10 reps	Floor Press 3 sets/ 10 reps	Pull Down 3 sets/ 10 reps	Deadlift 3 sets/ 10 reps	Arnold Press 3 sets/ 10 reps	Row 3 sets/ 10 reps
Work out 1	Ex. 95lb/10r /10r/8r					
Work out 2						
Work out 3						
Work out 4						
Work out 5						
Work out 6						

WORKOUT 8



Completed on the eighth shift of the month for six months.

	Squat Thrusters 3 sets/10 reps	Push Ups 3 sets/10 reps	DB Step Ups 3 sets/10 reps
Workout 1	Ex. 25lb/10r/10r/8r		
Workout 2			
Workout 3			
Workout 4			
Workout 5			
Workout 6			